REFERENCES

- AswathappaK (2003), Organizational Behavior: Work Stress, 515 – 531.
- Rosenberg N, (2005), Overcoming Stress – A practical guide to conquering stress before you crack 41 – 58.
- DR. Shrivastav SK, MurthyH L, (2008), New Concepts and Practices Related to Human Behavior : Work life Balance, 146 - 155.
- Agolla J E,Ongori H, An assessment of academic stress among undergraduate students: The case of University of Botswana, Educational Research and Review, 4(2): 2009, 63-70.
- Kumar D, Deo J M, Stress and Work Life of College Teachers, Journal of the Indian Academy of Applied Psychology, 37: 2011, 78-85.
- Kaur S, Comparative Study of Occupational Stress among Teachers of Private and Govt. Schools in Relation to their Age, Gender and Teaching Experience, International Journal of Educational Planning & Administration, 1(2): 2011, 151-160.
- Badar M R,Factors Causing Stress and Impact on Job Performance, "A Case Study of Banks of Bahawalpur, Pakistan", European Journal of Business and Management, 3(12): 2011, 9-17.
- DR. Ram Kumar P.B., Training and Development program and its benefits to employees and organizations: A Conceptual study, International Journal of Research in Commerce, IT & Management, 4(11):2011, 10-13.
- Ms. Rani R, Dr.Singh A, A Study of Occupational Stress in Relation to Demographic Variables, International Journal of Innovative Research & Development,1(9): 2012, 253-270.
- Ritu, Singh A, A Study or Predicting Teacher Effectiveness among Secondary School Teachers on the Basis of their Occupational Stress, International Journal of Innovative Research & Development, 1(6): 2012, 108-124.
- Muthuyelatutham C, A Study on the impact of Occupational Stress among teachers on job satisfaction and job involvement- An Empirical Study, European Journal of Social Sciences, 30(2): 2012, 339-351.
- Khan A, Khan I M, Khan S, Gul S, Teachers' Stress, Performance & Resources The Moderating Effects of Resources on Stress & Performance, International Review of Social Science and Humanities, Vol 2, No. 2 (2012), pp 21 – 29.
- Shah S , Aziz J, Jaffari A , Waris S,Ejaz W, Maira F and Syed K, Impact of stress on employees performance: A study of teachers of private colleges of Rawalpindi, Asian Journal of Business Management 4(2): (2012), 101-104.
- Mazumdar H,Gogoi D, BuragohainL&Haloi N, A Comparative study on stress & its contributing factors among the Graduate & Post- graduate students, Pelagia Research Library, Advances in Apllied Science Research 3(1): (2012), 399-406.

- Karunanithy K,Ponnampalam A, A study on the effect of stress on performance of employees in Commercial Bank of Ceylon in the Eastern Province, European Journal of Business and Management, 5(27): 2013, 87-95.
- Naidoo K, Botha C,Bisschoff C, Causes of stress in public schools and its impact on work performance on educators, Journal of Social Science,34(2): 2013, 177- 190.
- DR Pradhan R, Tomar P, Evaluating Stress in the Indian Banking Scenario, International Journal of Advanced Research in Management and Social Sciences, 2(5): 2013, 5- 20.
- Dr.Wani S, International Journal of Business and Management Invention, 2(3): 2013, 13-18.
- Dr. Reddy G, Dr. Anuradha R, Occupational Stress of Higher Secondary Teachers Working in Vellore District, Journal on Educational Planning and Administration, 3(1):2013, 9 – 24.
- Dr. Nagra V, Occupational Stress among Teacher Educators, Global Online Electronic International Interdisciplinary Research Journal, 2(2): 2013, 12-23.
- Kumaraswamy N, Sabah, Academic Stress, Anxiety and Depression among College students- A Brief Review, International Review of Social Sciences and Humanities, 5(1): 2013, 135-143.
- Dr. Rajesekar D, Impact of Academic Stress among the Management Students of AMET University- An Analysis, AMET International Journal of Management, 2013, 32- 40.
- Kumar S, Bhukar J, Stress level and coping strategies of college students, Journal of Physical Education and Sports Management, 4(1): 2013, 5-11.
- DR. Subrahmanyam A, Higher Education for Sustainable Development: Quality Perspective, International Journal of Research in Commerce & Management, 5(5):2014, 46-48.

  Chandok A, Bhavet, A Study on the impact of Job Stress on employees performance: A Comparative Study of the employees of sales department of LIC & Reliance Life Insurance Company ltd., International Journal of Research in Commerce, Economics & Management, 4(1): 2014, 7-9.
- Dr.Sigroha A, Girdhar Y, Comparative Analysis of Level of Work Life Balance of Women Employees in Indian Corporate with Special Refence to Three Sectors, International Journal of Research in Commerce & Management, 5(10): 2014, 58-62.
- Dr. Sharma A, Parihar C, A Comparative study of Role Stress among Public Sector & Private Sector Bank Employees, International Journal of Research in Commerce & Management, 5(11): 2014, 71-73.
- Lalit, Does Education Expenditure Impact India’s Economic Growth: A Time Series Analysis,International Journal of Research in Commerce & Management, 4(5): 2014, 63-66.
- Shameer.andAlexander E, Adjustment Problems of IT Professional in relation to their occupational stress, Indian Streams Research Journal,4(4): 2014, 1-5.

- Dr. Christiana B, Rajan J, Impact of Stress and Job Satisfaction towards Work Life Balance of IT Professionals and Private Sector Executives: An Empirical Study,International Journal of Research in Commerce & Management, 5(8): 2014, 36-39.
- Kotteeswari M, Dr. Sharief S, Job Stress and its Impact on Performance Employees working in Bpos: A Study, International Journal of Advanced Research in Management, 5(2): 2014, 19-27.
- Saini M, Dr.Chaudhary N, Organisational Commitment and Occupational Stress of Employees in Public Sector Banks: A Comparative Study of SBI and PNB Banks,International Journal of Research in Commerce, Economics & Management, 4(9):2014, 16-19.
- Pannu H,Tikku P, Outcomes of Stress: A Study of Cause & Remedial Actions for Reducing Stress, International Journal of Research in Commerce & Management, 5(9): 2014, 34-37.
- Dr. Bajpai J, Dr. Dave T,Bajpai S, A Study of Impact of Work Stress on Managerial Creativity with Refernce to Indian Executives, International Journal of Innovative Research & Development, 3(7): 2014, 286-298.
- Beevi.T.K.S, Work Life of Women in the Unorganised Sector, International Journal of Research in Commerce & Management, 5(10): 2014, 85- 87.
- Agarwal M, Narayanan S, Dr.Parimoo D, Task Demand as a Factor Causing Job Stress: A Study of Working Women of IT Sector in National Capital region of Delhi, International Journal of Research in Computer Application & Management, 4(9): 2014, 92-97.
- Vij J,Vij K, Vij V, Meditation: A Key to Overcome Stress, International Journal of Research in Computer Application & Management, 4(1): 2014, 39-43.
- Seth R, What Influences Harmonious Employee Relations? International Journal of Research in Commerce & Management, 5(2): 2014, 80-82.
- Kaur P,Goyal S, Singh K, Management Strategies to Capitalise and enhance Human Potential in Indian Manufacturing Sector, International Journal of Research in Computer Application & Management, 4(3): 2014, 10-17.
- Dr. Pandey S, Agrawal A, The Impact of Emotionally Intelligent Individuals, Work Teams and Managers on Organisational Effectiveness, International Journal of Research in Computer Application & Management, 4(4): 2014,10-17.
- Das J, Dr. Singh N, Impact of Privatisation on Education in India: An Analysis, International Journal of Research in Commerce & Management, 5(10): 2014, 7-11.
- Payalchatly, Workplace Stress: How to overcome it? Journal of International Academic Research for Multidisciplinary, 2(4): 2014, 377-385.
- Chandhok A,Monga M, Impact of Job Stress on Employee's Performance of Sales Department: A Comparative Study of LIC and Bajaj Allianz Life Insurance Company Ltd in the selected cities of Haryana, International Journal of Management research and Business Strategy, 2(1): 2013, 62-70.